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Halifax metro

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Your essential daily news | THURSDAY, FEBRUARY 11, 2016

High 2°C/Low -10°C Flurries, showers



Omri Haiven, Jamie Lessard,
Ryan Desroches and Heidi
Wambolt make Bandha Bars in
a shared kitchen Wednesday.
JEFF HARPER/METRO

Police swap warnings for tickets

SAFETY

Crackdown on winter-related driving offences



Zane
Woodford
Metro | Halifax

Halifax police are cracking down on winter-related driving infractions.

Halifax Regional Police have been swapping warnings for tickets this winter when it comes to offences like driving with snow-covered windshields and not driving to conditions, spokeswoman Const. Dianne Woodworth said Wednesday.

"I think people are paying attention to the fact that these are offences, and people

are being ticketed," she said. "There's been more attention brought to it and that's a good thing."

On Wednesday, a 10-car collision on Highway 102 inbound near Lower Sackville led to traffic tie-ups and delays for drivers travelling in both directions. Some of the drivers involved were ticketed for failing to drive to conditions on the icy highway. There were no significant injuries.

Woodworth said obeying that law is mostly common sense, but police do try to remind people to adjust their driving for the conditions.

"We try to educate people on safe driving in the best of times, and especially when the weather impedes your vision," she said. "We just want people to be safe out there."

AWESOMELY NUTRITIOUS

Homegrown entrepreneurs cultivating gluten-free, vegan businesses in 'food incubator' metroNEWS



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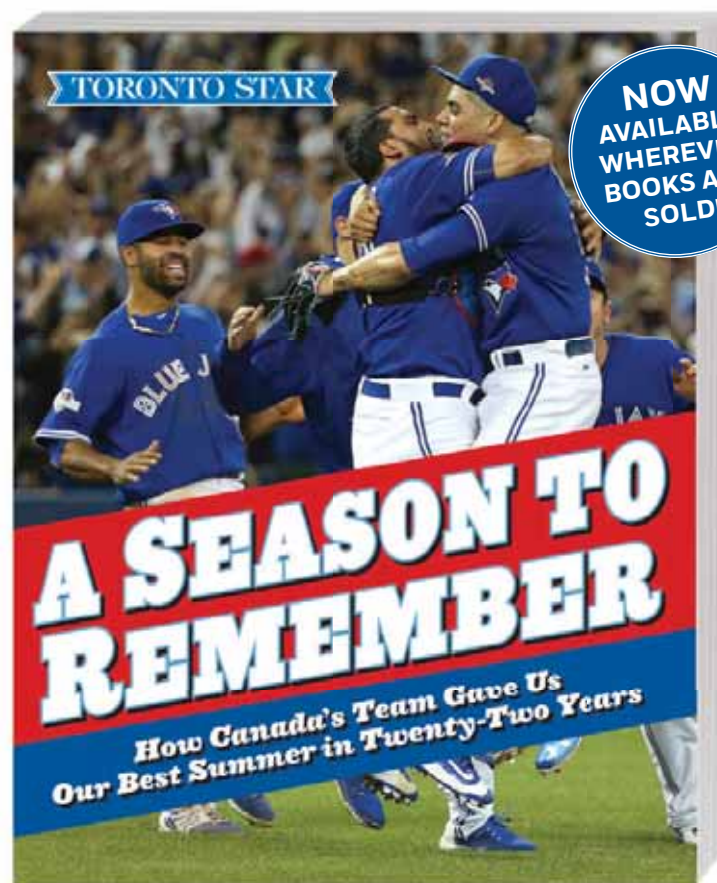
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TEDx panel looks to 'better world'

MOUNT SAINT VINCENT

Speakers to present ideas on giving back on global scale



Haley Ryan
Metro | Halifax

The iconic red letters and dark stage of a TEDx talk are coming to Mount Saint Vincent University in Halifax.

On Thursday night, TEDxMSVU comes to campus for the second year in a row, this time with the theme Towards a Better World. Nine speakers will present ideas on service and giving back in a local, regional and global way to roughly 100 people.

"It's all about ... ideas that are import-

ant, are timely," organizer and MSVU associate professor of business and tourism Shawn Cleary said Wednesday.

"What is a better world? How do people move toward that?"

There's also more "cachet" with a TED event than a regular panel, Cleary said, with many students and members of the public watching the

popular talks online, and an ability to attract different speakers. Cleary said the theme o f

serving the community fits especially well for the university, which holds Caritas Day every year by having students and staff volunteer in Halifax.

The day is in memory of when residents opened their homes to students and instructors after a fire burned down the school's only building in 1951.

The event, hosted by Peter Harrison of C100, includes speakers such

as MSVU president Ramona Lumpkin, Sport Nova Scotia's Mark Smith, the university's women's studies chair, former politician Graham Steele, the president of United Way Halifax and Halifax Regional Police Chief Jean-Michel Blais.

Blais said he'll be touching on dealing with post-traumatic stress disorder and his work on different United Nations trips to Haiti, as well as what he's learned over 28 years in policing, how he wants to give back to the community and why he became an officer.

"It's my hope that I'll be able to leave people asking themselves about their own mental health, their own challenges in life and how they can turn those challenges into opportunities," Blais said.

In general, Blais said he's

Organizer Shawn Cleary holds a sign for TEDxMSVU, which comes to Mount Saint Vincent University Thursday night.

JEFF HARPER/METRO

+ WHERE, WHEN

The TEDx event runs from 4 to 7 p.m. at MSVU's Rosaria Multi-Purpose Room, with tickets at \$20 each.

been surprised at the lack of talks dealing with police subjects, considering what policing has gone through—especially in the U.S. over the last three years — and would like to "contribute to that discussion."

Although the topic may be broad, Cleary said that's the TED model, which allows people's presentations to fall within a larger theme, while giving people specific ideas to take away.

"I'm hoping that some of our speakers really challenge our audience ... and they can in their own lives make their world better," Cleary said.



Halifax Regional Police Chief Jean-Michel-Blais is speaking at the local TEDx talk. METRO FILE

“

It's my hope that I'll be able to leave people asking themselves about ... their own challenges in life and how they can turn those challenges into opportunities.

HRP Chief Jean-Michel Blais

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SHUBENACADIE PARK

Wildlife lectures on offer

Interested in learning more about Nova Scotia wildlife?

Beginning Feb. 20 and continuing on the third Saturday of every month, Shubenacadie Provincial Wildlife Park will be offering free lectures focusing on animal biology and behaviour, the provincial Department of Natural Resources announced Wednesday.

All talks will take place in the Ducks Unlimited Greenwing Legacy Interpretive Centre at the park, between 1 p.m. and 2:30 p.m., a news release said. Upcoming topics include wildlife rehabilitation Feb. 20, hiking with lichens March 19 and Nova Scotia turtles April 26.

Pre-register for the lecture series by calling 902-758-5316 or emailing legacycentre@novascotia.ca. METRO STAFF



NEPTUNE THEATRE MARION BRIDGE PLAY TAKES STAGE Keelin Jack is Theresa, Stephanie MacDonald is Louise and Francine Deschepper is Agnes in Neptune Theatre's production of Marion Bridge. Written by award-winning Canadian playwright Daniel MacIvor, Marion Bridge runs February 9 through 21 at Neptune Theatre in Halifax. JEFF HARPER/METRO

CONTAINERS

Halifax Port Authority rolls out new web tracker

The Halifax Port Authority now has a web tool to make tracking containers much easier. On Wednesday, the port authority said it's now offering an enhanced web-tracker for importers and exporters moving goods through terminals operated by Ceres-Halifax Inc. and Halterm Container Terminal Ltd. The existing site, Halifax Gets It There, has been updated to include features which are the "direct result" of feedback from the market. Now the tool includes container visibility after vessels discharge goods, or before loading.

HALEY RYAN/METRO

Downtown Dartmouth holds second food crawl

FEAST FOR FOODIES

1,300 people show interest in attending via Facebook



Yvette d'Entremont
Metro | Halifax

Organizers of Friday's Downtown Dartmouth Food Crawl are gearing up for a night that is already exceeding expectations.

"We are a little frightened about this one, I won't lie," Kate Hamilton, owner of Bodega Boutique, joked Wednesday. "I'm going to have to have a chat with the guys and tell them to triple their portions."

Hamilton, who is one of the faces behind the Downtown Dartmouth Business Commission initiative, said as of Wednesday more than 1,300 people had expressed an interest in attending the event via Facebook alone.

The first food crawl, held in November, involved 12 local restaurants and sold out in half an hour. Hamilton said



Max Cook makes a crepe at the Portland Street Creperie, one of the establishments taking part. JEFF HARPER/METRO

that amounted to about 150 orders per restaurant. This time 18 local restaurants and food vendors have signed on.

Hamilton said the event not only excites potential diners

who relish the chance to try out something new at a bargain price. It also allows chefs to go off their regular menus.

"They can get creative and use seasonable local ingredients if they so choose and it gives them a chance to try out new items that might show up on the menu one day," she said.

Portland Street Creperie, one of the 18 participating eateries, is going to showcase three brand new items Friday night. Food crawl folks will also be among the first to check out Picnic, the new restaurant beside the Dart

+ NEED TO KNOW

The Downtown Dartmouth Food Crawl runs from 5 p.m. to 7 p.m. on Friday. For a list of restaurants, check out its Facebook page.

Gallery.

Hamilton said her best advice for food crawl participants is to map out a route in advance and arrive early.

The next Downtown Dartmouth Food Crawl is scheduled for May.

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

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- The Chainsmokers ft Rozes Roses
- Travis Scott Antidote

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CRIME

Bank robbed within hour of earlier bid



Kristen Lipscombe
Metro | Halifax

Police were still on the lookout Wednesday evening for a man who robbed a Lower Sackville bank around noon.

Halifax RCMP responded to the robbery report from Scotiabank on Sackville Drive in Lower Sackville at 11:50 a.m., according to a police news release sent to media more than four hours later.

"A preliminary investigation has revealed that a lone man

entered the business and demanded money," the RCMP release said, adding he ran away "with an undisclosed amount of money."

Officers searched the area but couldn't find the suspect, who was described to police as a middle-aged man. He was wearing a dark tuque, beige overalls and gloves at the time of the robbery.

Nobody was injured during the crime, police said.

Halifax Regional Police responded to an attempted robbery less than an hour earlier.

Officers responded to the

East Coast Credit Union at 120 Kearney Lake Road at 10 a.m., according to a police news release issued more than six and a half hours later.

"The man wanted to cash a cheque but was advised that the tellers do not have cash on site," the HRP release said.

"The man then jumped over the counter and started opening drawers. He indicated he had a weapon but none was seen by witnesses."

He couldn't find any money, so jumped back over the corner and took off on foot toward Parkland Drive, the news re-

lease said. Officers, including a police dog, searched the area but couldn't find the suspect.

He was described to police as a white man with a beard who was wearing a dark tuque, black gloves, green or grey hooded sweatshirt tucked into tan overalls and work boots at the time of the crime.

Although the suspect descriptions from both incidents are similar, neither Halifax RCMP nor Halifax Regional Police representatives were available Wednesday evening to comment on whether they believe the two crimes are related.



Chris Cowper-Smith, CEO of Spring Loaded Technology Inc., holds a knee brace in the production area of the firm's Burnside location. JEFF HARPER/METRO

Bionic knee brace campaign begins

ONLINE

Fundraiser already backed by dozens of supporters



Haley Ryan
Metro | Halifax

After years of planning and dozens of prototypes, a Halifax company is leaping into action.

On Wednesday, Spring Loaded Technology officially launched their Indiegogo campaign and pre-orders for Levitation, the world's first bionic knee brace according to CEO and co-founder Chris Cowper-Smith.

"We're very excited. We've already had purchases from the U.K., the U.S., Canada, Australia, Italy and elsewhere," he said.

The online campaign went live Tuesday and within the first day about \$57,000 was raised with about 46 backers purchas-

ing the brace at pre-sale prices, Cowper-Smith said. They have set a goal of \$75,000 within the next 30 days.

"It's been exhilarating," said Cowper-Smith. "We'd be obviously trying to blow that goal out of the water and we'll see how much past it we can actually get."

The company won the Business Development Bank of Canada (BDC) Young Entrepreneur Award last year, landing them \$100,000 towards their project.

Cowper-Smith said unlike other knee braces that keep the leg straight, the Levitation has a spring-loaded hinge mechanism that loads energy when the user bends their knee and releases when they straighten it.

Anyone with a functioning quadricep can then get back to playing sports, walking down stairs and remaining independent while dealing with an injury or arthritis, plus protect people in manual labour jobs.

With introductory prices around \$1,449, Cowper-Smith said he and co-founder Bob Gar-

+ HOW TO HELP

To help fund their initiative to raise \$75,000, you can visit the company's Indiegogo campaign page.

rish know it can be out of price range for many, so every \$800 donated through the Indiegogo campaign means they'll give a brace to someone in need.

"We are here to try and make people's lives better, and ... we're actually making a product that can really do that to restore mobility and get people back on their feet," Cowper-Smith said.

It's been three and half years since they began, with more than 50 prototypes made in their Burnside manufacturing location, Cowper-Smith said.

The first batch of braces will ship this June, and the second phase of their plan includes selling to retail shops over the next several years, Cowper-Smith said.



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Growing food businesses

ENTREPRENEURS

Community kitchen helps vegan, gluten-free retailers



Zane Woodford
Metro | Halifax

A “food incubator” in west-end Halifax is helping four home-grown entrepreneurs grow their businesses while keeping their products gluten-free and vegan-friendly.

Ryan DesRoches started renting the 900-square-foot kitchen on Cork Street in June after he could no longer meet the demand for his product — Bandha Bar handmade energy bars — using a commercial kitchen just one day a week.

Ainslie Umlah started producing her Greens of Haligonias sprouts in DesRoches’ new space the same month, and late last year, Chandra Lockhart’s Rawthentic Chocolate and Taylor Widrig’s Mermaid Fare seaweed products moved in.

“Having like-minded entre-



Bandha Bar owner Ryan DesRoches stacks up sprouts for fellow kitchen partner Greens of Haligonias on Wednesday. JEFF HARPER/METRO

preneurs in the same space is inspiring to each other; we feed off each other’s energy,” DesRoches said Wednesday in the office space next to his kitchen.

Each of the four businesses inhabiting DesRoches’ kitchen rents the space for one or two days a week to make their gluten-free and vegan products using

only local ingredients.

“It gives us a higher level of assurance for our customers that the space that we’re using has no wheat and that it’s also free of dairy, and, from a food-safety perspective, it’s helpful as well since all our products are plant-based,” he said.

Because the products are plant-

based, the space only needs to be provincially inspected for the four companies to wholesale their food.

But they’re looking at further expansion, meaning federal and independent testing, so that the products could be sold in national and international chains.

DesRoches currently has his

“**Having like-minded entrepreneurs in the same space ... we feed off each other’s energy.**

Ryan DesRoches

Bandha Bars in 60 stores and he’s started combining distribution — typically delivery by bicycle — to those retailers for all the products made in the kitchen.

“I think the more he has to offer in this realm of really nutritious, awesome, whole foods, the more we’re just going to feed off each other,” said Lockhart, who’s expanding her gluten-, dairy- and soy-free chocolate business after seven years at the Seaport Market.

She calls DesRoches a “super high-calibre human being” and said the space has already helped her score a new retailer.

“We’re all stoked about our businesses,” she said. “I’ve been an entrepreneur my whole life, and it’s just really nice to be with people that are thriving and they’re stoked at putting out amazing, local, nutritious food for people.”

CRIME

Man put in jail for fraud

An Annapolis Valley businessman has been sentenced to four years in jail after admitting to taking \$8.5 million from the Royal Bank of Canada in what could be the largest fraud case in Nova Scotia history.

Gregory Paul Burden, 66, falsified records to make it look as if his Kentville company, Advance Commission Company of Canada Ltd., was more profitable than it seemed, Crown attorney Mark Heerema said Wednesday.

Those false documents were then used as collateral for loans from RBC.

“The books were being cooked — and they were being charbroiled,” said Heerema, noting he could find no bigger fraud among reported court decisions in the province.

Burden did not use the money for a lavish life, said Heerema, but instead to build his company, which bought rights to real-estate agents’ advance commissions in exchange for a cut

“

The books were being cooked — and they were being charbroiled.

Mark Heerema

of them.

“He was trying to grow a legitimate business with real employees, albeit with criminality, and that’s wrong,” he said. “Most of the money went to this business that eventually became unsuccessful.”

Burden, who was sentenced in Kentville on Tuesday on three fraud charges, pleaded guilty last year to defrauding four members of an Annapolis Valley family of \$400,000 who invested in his company, as well as a Quebec franchisee of his company.

Burden had been attempting to grow his company across Canada, said Heerema.

Heerema said he had asked for a sentence of between three and five years and was happy with Judge Claudine MacDonald’s four-year sentence.

THE CANADIAN PRESS

COURT

Hearing continues in student killings

The preliminary inquiry for a medical student accused of murdering a fellow Dalhousie University student has wrapped up after another day of testimony in Halifax.

William Sandeson is charged with first-degree murder in the death of 22-year-old Taylor Samson, whose body has not been found.

One person testified Wednesday, and the hearing will resume Thursday. Evidence presented during the inquiry is covered by a publication ban.

The charge against Sandeson was laid Aug. 20, four days after Samson was reported missing in Halifax. Police have said the two men knew each other.

THE CANADIAN PRESS



William Sandeson has his handcuffs removed for the start of his preliminary hearing. ANDREW VAUGHAN/THE CANADIAN PRESS

IN BRIEF

Police arrest man in alleged gas-station break-in

A 31-year-old Truro man appeared in court Wednesday morning after allegedly breaking into a gas station. The man faces charges of break-and-enter

and failing to comply with undertaking conditions, according to a Colchester District RCMP news release.

Police officers responded to a report of “a suspicious person” near Canadian Tire Gas Bar in Bible Hill

at about 11:30 p.m. on Tuesday, police said.

The suspect had store merchandise with him and “glass residue on his clothing” when officers located and arrested him.

METRO

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RELATIONSHIPS

Half of women with HIV are single

Although successful treatment can significantly reduce the risk of HIV transmission, nearly half of women living with HIV in Canada say they are not in a relationship.

That's one of the findings of a study led by a Simon Fraser University team that has revealed high rates of sexual inactivity and dissatisfaction among women living with HIV in Canada.

Allison Carter, a PhD student in health sciences at SFU, is hoping to change that. "The main message from our research is that HIV-positive Canadian women can and do enjoy meaningful intimate relationships and healthy sexuality after HIV," Carter told Metro.

"We've done a great job of using medicine and education to prevent HIV, and now we really have to teach people about how you can love someone with HIV."

With a team of researchers, Carter is working to normalize sex and intimacy for women with HIV.

The team is using data collected from the Canadian HIV Women's Sexual and Reproductive Health Cohort, which is following 1,425 women in Canada living with HIV over time.

After characterizing their romantic relationships, the researchers are examining how the relationship patterns of HIV-positive women are connected to positive aspects of sexual wellbeing, like pleasure and love.

Carter said early results indicate women who experience a high level of HIV-related stigma are also less likely to be sexually active. Still, 22 per cent report being in a long-term happy and loving sexually active relationship characterized by high physical intimacy and high emotional closeness. **THANDI FLETCHER/METRO**



UBER MONTREAL STANDOFF Taxi and limo drivers targeted Montreal's airport Wednesday as part of their protest against Uber, promising to increase pressure tactics if the company doesn't suspend operations. Drivers descended on Pierre Elliott Trudeau International Airport in the morning and refused to pick up passengers arriving in the city, leaving travellers stranded on the taxi platform. The protest lasted a few hours and no flights were disrupted. **RYAN REMIORZ/THE CANADIAN PRESS**

IN BRIEF

Feds announce municipal green grants, loans

A \$31.5-million funding announcement is a taste of what municipalities could do with billions in promised infrastructure money from Ottawa, municipal leaders say. The Green Municipal Fund will support capital projects and support planning, field tests and studies related to future green projects. **THE CANADIAN PRESS**

Refugee teen released after near-drowning

A 13-year-old Syrian refugee has been released from hospital after nearly drowning in a pool at a Saskatoon hotel. **THE CANADIAN PRESS**

Ghomeshi won't testify

As the sexual assault trial of Jian Ghomeshi neared its final stages Wednesday, one thing became clear — the former broadcaster would not take the stand. The case will move to closing submissions today. **THE CANADIAN PRESS**

Sajjan thanked for trainers

U.S. Defence Secretary Ash Carter has thanked his Canadian counterpart Harjit Sajjan for tripling the contingent of military trainers in Iraq. The conversation marked the first face-to-face meeting between the two ministers, and it came at a gathering of NATO defence ministers. **THE CANADIAN PRESS**

Shortfalls could total \$90B over Liberals' first mandate

The country's dampened economic prospects could put the government on pace for \$90 billion in deficits over its four-year mandate, a report said Wednesday. Research by the National Bank of Canada predicts the public books will sink deeper into the red due to the hobbled economy and vows of fiscal stimulus. **THE CANADIAN PRESS**

Students tense after Pride flag is burned

LGBTQ ISSUES

Raising marked start of OUTweek



Thandi Fletcher
Metro | Vancouver

LGBTQ students at the University of British Columbia say they no longer feel safe on campus after a Pride rainbow flag was found burned on Tuesday.

Rachel Garrett, a co-ordinator for UBC's Pride Collective, said emotions are running high for the student-run society after learning that the flag was set

on fire.

"It's been a rough day," Garrett told Metro. "A lot of us are definitely feeling very unsafe right now and that's a very unsettling feeling to have, especially in a city that is seen as so inclusive and on a campus that is seen as so accepting."

The flag was raised Friday at the opening ceremony for UBC Pride Collective's OUTweek activities.

Early Tuesday, two group members discovered the flag was missing and contacted officials, who determined the flag had been burned on the weekend.

In a statement, UBC officials said campus security and RCMP are investigating. "UBC



Coun. Tim Stevenson. COURTESY VANCOUVER MAYOR'S OFFICE

condemns this incident as an act of hate and in contravention of the values of equity, inclusion and respect deeply held by the university community," the statement reads. "The university

encourages student initiatives such as OUTweek as they provide a supportive and inclusive environment for students to explore topics around gender and sexual identity."

Although it's unclear what the motivation was, Garrett said Pride Collective cancelled a march in support of transgender people planned for Wednesday due to safety concerns. Other OUTweek events will continue as scheduled, she said.

"The history of Pride is a history of activism," Garrett said. "It really does show us why OUTweek is important and why we work to create this safe spaces in the first place, because they are so crucial."

RESTAURANTS

Pop-ups use nostalgia to lure customers



Seinfeld fans gather outside Tom's Restaurant. The show used the restaurant's exterior for a set. **AFP/GETTY IMAGES**

This summer in Toronto, Seinfeld fans will be able to dine at a replica of Monk's Cafe, while Friends enthusiasts will have the chance to get their caffeine fix at Central Perk.

The iconic fictional hangout re-creations are part of a trend as entrepreneurs and restaurateurs evoke nostalgia to lure in customers — a marketing ploy often used in retail.

"Seinfeld is just this cultural phenomenon," said Mackenzie Keast, co-organizer of the upcoming Seinfeld pop-up diner in Toronto.

He and his three fellow Seinfeld-loving friends plan to pay homage to the show by serving foods central to plot lines, like chocolate babka, muffin tops and Kenny Rogers's chicken.

After Keast and his friends announced their plans on Facebook, nearly 30,000 expressed interest in attending the launch party July 15. "To enter the world of Seinfeld a bit, I think, is really exciting for a lot of people," he said.

Fans of Friends seem driven by a similar desire. They've flocked to replica Central Perk

pop-ups in England and New York. Now, one is set for a brief stint in Toronto this summer.

Joshua Botticelli and two of his friends planned to open it for one day in June. But, after more than 50,000 people said on Facebook they wanted or planned to go, the trio decided to extend its run to at least three days.

People are more likely to loosen their purse strings when feeling nostalgic, according to a 2014 study published in the Journal of Consumer Research. **THE CANADIAN PRESS**

EMPLOYMENT

Health plans tweaked for millennial workers

During his three-year tenure as a financial analyst at one of Canada's biggest banks, Devon Wright never once used his company health plan.

"There was just nothing there that was of any interest to me," says Wright, 28.

So when Wright quit his job in 2012 to launch technology company Turnstyle Solutions, he decided to create a benefits package tailored to his needs.

Turnstyle is one example of how Canadian companies are tweaking their health plans

in order to appeal to a new generation of employees in the coming years.

In addition to the standard drug and dental benefits, Turnstyle covers naturopathic medicine, mental health counselling and provides a fitness subsidy.

The Toronto-based startup also offers free, healthy meals — a major perk for 23-year-old Sam Hillman. "This ... really shows the company's commitment to me as a holistic individual," says Hillman. **THE CANADIAN PRESS**

Sanders, Trump face challenges

NEW HAMPSHIRE PRIMARY

Stiff tests in Nevada, South Carolina await after big wins

Republican Donald Trump and Democrat Bernie Sanders were moving on Wednesday from commanding wins in the first-in-the-nation New Hampshire primary to more diverse states that will challenge their transformation from outsider candidates to their parties' presidential nominees.

The next Republican contest is the Feb. 20 South Carolina primary. The state is a hotbed of conservative Tea Party groups and evangelical voters that will test Trump's staying power. Next for Democrats is the Nevada caucus on the same day.

Sanders, a self-described democratic socialist, easily beat Hillary Clinton, a former secretary of state and first lady once seen as the all-but-certain Democratic nominee. With more than 90 per cent of the vote counted in New Hampshire, Sanders had 60 per cent to Clinton's 38 per cent.

Trump, the brash real estate billionaire and television personality who has never held public office, had 35 per cent among the Republicans, with moderate Ohio Gov. John Kasich a distant second with 16 per cent.

Texas Sen. Ted Cruz finished

third in New Hampshire, former Florida Gov. Jeb Bush was fourth and Florida Sen. Marco Rubio was fifth.

"I think they're all really potential threats," Trump said of his rivals Wednesday on MSNBC. Sanders' campaign launched ads Wednesday in Oklahoma, Minnesota, Colorado and Massachusetts — all states where they believe he can grow.

Clinton's campaign argues she will perform better as the race heads to more racially diverse states, including Nevada and South Carolina.

Civil rights activist the Rev. Al Sharpton said he met with Sanders on Wednesday to discuss issues that affect the African-American community, but said he won't endorse a candidate until after meeting with Clinton next week. THE ASSOCIATED PRESS

+ GOP RACE

Christie, Fiorina bow out

New Jersey Gov. Chris Christie dropped out of the Republican nomination for president on Wednesday, a day after his disappointing sixth-place finish in New Hampshire's primary.

Christie dropped out of the race the same day that Carly Fiorina announced she, too, was calling it quits.

THE ASSOCIATED PRESS



INDIA

Elephant goes on rampage

A wild elephant rampaged through an east Indian town on Wednesday, smashing cars and homes and sending panicked people running before the animal was tranquilized and returned to the forest.

As the frightened elephant ran amok, trampling parked cars and motorbikes, crowds of people gathered to watch from balconies and roof tops. Some followed from a distance as the elephant moved through the streets.

"The elephant was scared and was trying to go back to the jungle," said Papaiya Sarkar, a 40-year-old homemaker who watched the elephant amble down a street.

The elephant had wandered from the Baikunthapur forest, crossing roads and a small river before entering the town of Siliguri in West Bengal state.

Divisional Forest Officer Basab Rai said the female elephant appeared to be a loner without a herd, and was likely searching for food.

He said it did not attack any people, and appeared to be afraid of them. After several hours, it became clear the elephant was unable to find its way back to the forest.

Authorities eventually shot the elephant three times with a tranquilizer gun and used a crane to lift it into a truck once it had calmed down.

It was then taken to a park for domesticated pachyderms that is maintained by the forest department. Once the effect of the tranquilizer wore off, authorities planned to return the elephant to the forest, Rai said.

Elephants are increasingly coming into contact with people in India, as the human population of 1.25 billion soars and cities and towns grow at the expense of jungles and other elephant habitats. In India and Sri Lanka, more than 400 elephants and 250 humans are killed each year.

India's elephants are also threatened by illegal poachers looking for ivory to sell on the black market. THE ASSOCIATED PRESS



1 A wild elephant that strayed into the town moves through the streets as people follow at Siliguri in West Bengal state, India, on Wednesday. The elephant had wandered in from the forest, crossing roads and a small river before entering the town.

2 People watch as a wild elephant roams through the town.

3 The panicked elephant ran amok, trampling parked cars and motorbikes and frightened residents before it was tranquilized.

ALL PHOTOS THE ASSOCIATED PRESS



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AUSTRALIA

Vet reunites with wartime girlfriend

A 93-year-old American veteran from the Second World War embraced his wartime girlfriend in Australia in their reunion Wednesday after more than 70 years apart.

Norwood Thomas and 88-year-old Joyce Morris laughed as they wrapped their arms around each other after Thomas flew from Virginia to the southern Australian city of Adelaide to reconnect with his long-lost love.

Morris was a 17-year-old British girl and Thomas was a 21-year-old paratrooper when they first met in London shortly before D-Day. After the war, the pair wrote letters, and Thomas asked Morris to marry him. Morris misunderstood and thought he'd found someone, so she stopped writing.



Norwood Thomas, holds a photo of Joyce Morris at his home in Virginia Beach, Va.

BILL TIERNAN/THE ASSOCIATED PRESS

Thomas and Morris reconnected via Skype. After their story went public, hundreds of people made donations to help fund Thomas' trip to Australia from his hometown in Virginia Beach.

The two are planning to spend Valentine's Day together.

THE ASSOCIATED PRESS

IN BRIEF

Self-driving cars a step closer to reality

Computers that control cars of the future can be considered drivers just like humans, the federal government's highway safety agency has decided.

The redefinition of "driver" by the National Highway Traffic Safety Administration is an important break for Google, which is developing self-driving cars. THE ASSOCIATED PRESS

France passes citizenship revocation bill

French lawmakers have approved a divisive bill aimed at making it possible to revoke the citizenship of people convicted on terrorism charges. THE ASSOCIATED PRESS

CHANTAL HÉBERT: ON THE POST-ELECTION POST-MORTEM



Key Conservative and NDP insiders have been delivering some preliminary conclusions as to the cause of their defeats. Their findings are surprisingly interchangeable.

On a week that marks the passing of Justin Trudeau's 100th day in power, key Conservative and NDP insiders have been delivering some preliminary conclusions as to the causes of their October defeats.

Their findings are strikingly interchangeable — with the popular momentum for change somewhat conveniently fingered as a root cause of electoral failure.

In an op-ed piece published on Monday in *The Globe and Mail*, former Conservative campaign manager Jenni Byrne states: "The Liberals won because Canadians had an overwhelming desire for change, the extent to which wasn't fully appreciated until after the campaign had started."

In a memo summarizing the party's campaign review to date, NDP president Rebecca Blaikie reports: "Our campaign presented us as cautious change, which was out of sync with Canadians' desire for a dramatic break from the decade of Harper's rule, a desire we contributed to building."

Those who have kept their ear to the opposition ground since the election will find the refrain familiar. On the right, as on the left, there is no lack of party loyalists looking for solace in the notion that, in four years, the appeal of Trudeau's change agenda will have faded, with the pendu-

lum swinging back their way.

Indeed, Byrne does not exclude the possibility that her party could be back in power as early as 2019. Over on the NDP side, Thomas Mulcair is counting on his prime ministerial gravitas to see him through a leadership review later this year.

Fatigue with the ruling Liberals will eventually set in, although history suggests that could take more than a single mandate. But meanwhile, the Conservatives and the New Democrats, as they look back on their failed campaigns, should take care not to miss the forest for the trees.

I will come back in a future column to the NDP's contention that it offered "cautious change," but first, the myopic inside view from the Conservative backroom.

How is it possible that the party brain-trust underesti-

mated the potential force of the tide for change? It was a current running through public-opinion polls for most of the life of the last Parliament.

Harper was seeking to win a fourth consecutive mandate, a feat for which there is no modern precedent at the federal level.

In provinces such as Ontario, British Columbia and Manitoba, the incumbent parties that had recently beaten the odds and stayed in power beyond a third mandate had all changed leaders along the way.

Not only was Harper staying put for a fifth campaign, there was no compensatory injection of new blood in his team. On the contrary, there was a pre-election bloodletting of government talent.

Byrne credits a strong ground game for the party raking in almost as many votes

(5.6 million) in October as at the time of its 2011 majority victory (5.8 million).

But almost three million new or lapsed voters turned out in October, with the Conservatives ending up with a smaller share of an expanded election pie.

Together the Reform/Alliance and the Progressive Conservative parties lost to Jean Chrétien in 1993, 1997 and 2000 with a larger percentage of the vote than the unified party Harper led to defeat against Trudeau last fall.

The Liberals campaigned to the left of the NDP under a leader with none of the business or political credentials that had made Paul Martin and Chrétien appealing to many soft conservatives. It would be presumptuous for the Conservatives to assume the 2015 contingent of new voters is made up of people who lean to the right.

Byrne also asserts her party shot itself in the foot by tripping the NDP with the niqab issue in Quebec. (She makes it clear it was not her idea.) To win, she contends, Harper needed the NDP to do better.

Fair enough, but isn't the absolute dependency of the Conservatives on a favourable Liberal/NDP split to win an admission that the party has been and is content to fail to thrive on its own policy merits with as much as two-thirds of the electorate?

If that were the case, the Conservatives would — absurdly enough — have a bigger stake in a successful recast of the NDP than in their own post-election makeover.

Chantal Hébert is a national affairs writer. Her column appears in *Metro* every Thursday.

metroview

A terrifying task: Teaching my teens to take the right risks



Darren Krause
Metro | Calgary

Last weekend, my 15-year-old son and I were getting ready for a morning of haircuts, an oil change and, of course, checking the previous night's Lotto Max tickets.

Instead of engaging him in small talk to lubricate his 9 a.m. teen brain, I began with this: "I want you to know what happened last night at Canada Olympic Park. Two teenagers died and six others were injured after they took their own sleds down the bobsled track."

This was, of course, the tragic story of Calgary twins Jordan and Evan Caldwell, and six of their friends.

He was momentarily speechless.

"Why?" he asked, eventually.

"I don't know, but that's why I'm always on you about making sound decisions. I don't want to be the parent who gets a call from police to tell me my son has died."

I was pretty blunt.

I might think that a willful disregard for our parental authority causes teens to do the ill-advised things they sometimes do. But science tells us that teens come by questionable decisions honestly.

Dr. Kelly Schwartz, associate professor in the University of Calgary's child psychology program, says teens tend to use the emotional parts of their brain — the base region called the limbic system that's

been around in our ancestors for millions of years. They like to feel a rush and tell their friends about it afterward!

Until recently it was believed that by adolescence the brain was 98 per cent developed. Not so, Schwartz says.

The frontal lobe, which processes action and future consequences, isn't fully developed until the 20s. Tack on peer pressure, and it's a recipe for disaster.

When we adults raise an eyebrow over choices our kids make, we're doing so with the benefit of fully developed frontal lobes.

Schwartz offers some basic advice to parents to exercise that teen frontal lobe.

First: Put your kids in positions in which they can either succeed or safely fail. Help them build that library of experience and consequences that they can draw upon when it really matters.

Bad decisions are a part of life. We were all teens once. We've all done something where we cheated death by the narrowest of margins.

I try hard to see things through the eyes of my 15-year-old.

This understanding helps me as I personally try to make sense of this tragedy and try to parlay it into a lesson for all four of my boys. Only time — and experience — will tell if I've done enough.

Darren Krause is the managing editor of *Metro* Calgary. Follow him on Twitter @metro_dk.

THE MICROTREND: What's old is brewed again



The name "compost cocktails" doesn't exactly inspire cheers, so "closed loop" is the moniker mixologists have given to a growing fad: up-cycled alcoholic drinks made with ingredients scavenged from the green bin. A huge hit across the pond, they're the beverage equivalent of the "nose-to-tail" food movement, which has seen dishes such as pig's-head sausage, jellyed tripe and bone-marrow toast pop up in trendy brunch spots across Britain. Perhaps a nip of eggshell-infused vinegar or coffee oil distilled from used grounds doesn't scream "bottoms-up!" to you, but tamer trash-to-treasure tipples — house-fermented fruit scraps, macerated citrus peels — are proving popular with London bar-goers. SOURCE: THE DRINKS BUSINESS

Harper was seeking to win a fourth consecutive mandate, a feat for which there was no modern precedent.

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PARENTING

Author says boys must learn self-expression

Navigating parenthood at a time when masculinity is being redefined can be a mystifying experience for parents of boys.

Michael Reist, a Caledon East educator, seeks to help parents and teachers understand boys in his new book, *Raising Emotionally Healthy Boys*. The goal is to accommodate boys' needs and encourage them to express their feelings.

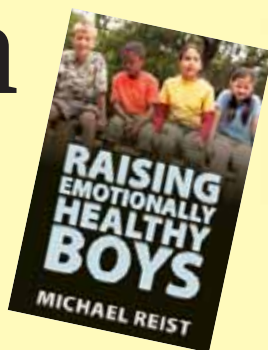
What do parents need to avoid doing?

My central thesis is that the No. 1 problem affecting males today is emotional repression. And the question is when does this repression begin? When boys enter school the first thing they experience is a shutdown of their boy energy, their need for movement and space. The whole world tells them that there's something wrong with them. By Grade 3 they realize this isn't working for me, I'm not welcome here. My energy is a problem.

My main message, really, is to teachers I suppose when it comes to entering school: We need to do better at accommodating boy energy in school and modifying the environment of school to be more boy-friendly.

You talk about us, as a society,

How to raise a modern man



coming to the end of thousands of years of patriarchy. What do you mean by that?

Well, the biggest revolution that we have experienced in my lifetime is feminism and feminism has totally changed the world. This history of Western civilization is basically the history of patriarchy where men ruled. Since the 1960s, that has completely changed and the whole dynamic of society, the whole power structure of society, has changed. This is a fantas-

To be a man is no longer to be silent and strong and the breadwinner. That world has passed away. Michael Reist, author

tic thing. But women have had incredible role models in feminism. On the male side, there's been absolutely nothing equivalent to that. Young boys and men are going to have to retool to fit themselves into this new economy which is about language, which is about connection,

which is about relationships.

To be a man is no longer to be silent and strong and the breadwinner. That world has passed away.

How should we help retool boys for the future?

It all comes back to modeling. Boys need men who are

comfortable with their emotions. We've got to get away from the idea of the stupid, irresponsible male — you get the Charlie Sheen (character on *Two and a Half Men*) ... who's only interested in sex and that becomes the ha-ha-ha image of masculinity.

Are you suggesting that parents should all be signing their kids up for art lessons?

It sounds frivolous. But signing girls up for hockey, that doesn't sound stupid. We real-

ly have a problem with boys with the arts, with the so-called soft skills. Creative writing, discussion groups — anything that involves expression of the self — the arts includes drama, dance, singing, all of those things (are positive).

Does one parent over the other typically have more of an impact on boys' emotional health?

Mother is still generally the primary caregiver in the early years. Fathers have to increase their role. At puberty the boy needs a model of what it is he's going to become. One of the reasons we have these man boys — playing video games while the wife runs the house — is because of the lack of initiation into positive male manhood. It's an essential element of emotional health for males to have male role models showing them what positive manhood is.

When you say, "Men are as much the victims of patriarchy as women are," what do you mean?

Men are crushed by the rat race of patriarchy. Their lives are so damaged by the competitive patriarchal world of one-upmanship, the Donald Trump world of, "Take care of yourself, forget about the rest." It doesn't serve women, nor does it serve men. It serves the bullies. Let's change the whole system. Don't just come in here and join the old boys club — let's change the club.

TORSTAR NEWS SERVICE

DEBUT NOVEL

Concert-loving time travellers tinker with past at their peril

Sue Carter
For Metro Canada



When news broke of David Bowie's death last month, devastated fans consoled themselves by playing his music and sharing favourite YouTube videos. Those who were lucky enough to see Ziggy Stardust live recalled witnessing one of rock 'n' roll's all-time greatest performers.

For devoted music lovers, the desire to relive a favourite show or witness a concert from a band's early days comes with fandom. In her debut novel *Every Anxious Wave*, Portland, Ore., author Mo Daviau takes that fantasy a step further when her character, a thirty-something

bartender named Karl Bender, discovers a wormhole in his closet that launches people back in time to see musicians like Queen and Elliott Smith do their thing on stage.

Of course, time travel has consequences. When Karl accidentally transports his friend and business partner Wayne back to the year 1980 instead of 1980, he enlists the help of Lena Geduldig, a young, music-geek astrophysicist who wears her damaged past like an impenetrable suit of armour.

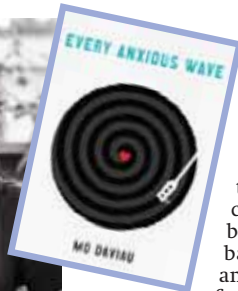
The plot shifts into an unlikely love story, and a reminder that messing with the past isn't always such a great idea.

The book's concept came to Daviau — who grew up on *Sassy* magazine, and was a college-



Author Mo Daviau. COURTESY JON BOLDEN

radio DJ at Smith College during the 1990s — as she was at home alone one night, feeling sorry for herself.



"I had this idea that if I just cranked a song up loud enough I could break the space-time continuum and be transported back to 1995 and make different adult life choices for myself," she says. "I turned it up, but of course it didn't happen."

From the beginning Daviau knew she wanted a male protagonist, but not a typical "dude."

Karl — a former guitarist in a 1990s alternative band that enjoyed a certain amount of success — initially comes across

as emotionally stunted, but he grows to become Lena's caregiver, despite how much she fights him off.

"I wanted to write a feminist novel from a male perspective," she says.

Pulling together *Every Anxious Wave*, published by St. Martin's Press, required eclectic research. As an icebreaker at parties and bars, Daviau would ask people "if you could go back in time to see any rock show what would it be?"

Thanks to a friend with a postdoctorate in astrophysics, she learned about the Einstein-Rosen Bridge, a hypothetical method of folding time, though she was never too concerned about its intricate mechanics, considering that Karl never really questions

how the wormhole works.

"A lot of my hardcore sci-fi friends have taken me to task — that it's a weakness in the book that there's not a lot of explanation of the science behind it," she says, laughing. "I do cheat a little with his first-person voice."

As for her own rock 'n' roll time-travel fantasies? Daviau answers without hesitation: "The first-ever R.E.M. show in 1980 in Athens, Ga. The other would be the time I saw my favourite local Austin, Texas, musician David Garza play at the Continental Club ... He gave me a sweaty kiss on the cheek, and said, 'Hey girl, good to see ya.'"

Sue Carter is the editor at Quill & Quire magazine.

Oh not OK with racial casting in animation

DIVERSITY

Star picks her battles in fight to change Hollywood

Sandra Oh is bringing the diversity debate to the world of animation. The former Grey's Anatomy star says race seems to have been a bigger factor in landing animated parts than her various film, TV or theatre gigs.

"I have been more and specifically typecast, if one can say that, in animation than in anything else," Oh said in a recent call from Los Angeles.

"All the characters I've played are specifically Asian. And I don't particularly think that I have a specifically Asian voice."

The Ottawa-bred Oh has lent her vocal talents to projects including American Dad, Phineas and Ferb, American Dragon: Jake Long and Mulan 2.

She'll next be heard in the Canadian animated film, Snowtime!, about a group of kids from a small village who embark on a massive snowball fight. It opens across Canada on Friday after pulling in more



Hollywood's diversity problem: Sandra Oh, who has lent her voice to many animated projects, is speaking out about the lack of work available for minorities. TORSTAR NEWS SERVICE

than \$3 million at the Quebec box office.

Oh said she relished the chance to get to play a boy in the film — a nerdy genius who builds an intricate snow fort at the centre of the battle. Her character Frankie isn't obviously Asian, but his skin is slightly darker and his eyes appear slightly smaller than other characters.

Producer Marie-Claude Beauchamp acknowledged in an email that Frankie has some Asian traits, but said "being Asian had nothing to do with the decision to cast Sandra Oh in the role."

Without directly referring to her Snowtime! experience, Oh said she's always found it "very curious and annoying, that I've been more racially typecast in

animation."

"I remember one time — this is years ago — just going, 'Why am I only going out for the Asian animated character?' And then trying to kind of make headways into like, 'Oh, can I be the Barbie voice? And not Barbie's doctor or something like that?' But no."

Oh said she's heartened by the current diversity discussion surrounding the Academy

Awards, which has the ignominious honour of celebrating all-white acting nominees for the second year in a row.

But the problem is really with the film studios, said Oh, an academy member whose big screen roles include Sideways, Rabbit Hole, Tammy and Blindness.

"The academy is like the tip of the iceberg. If there's noth-



Do I ever expect to be in a Woody Allen film? No. Why? Because he doesn't hire people who are not white.

Sandra Oh

ing to vote for, then there's no one to reward," she said.

"A way bigger challenge, or battle, is to help change the entire Hollywood system."

When it comes to chasing roles, Oh said she picks her battles carefully. She's not interested in working with anyone who hasn't displayed a willingness to embrace diversity.

"There are plenty of places that I'm not interested in going into because what's the point, they're never going to hire me," she said, reviving long-standing complaints surrounding one Hollywood heavyweight. "Do I ever expect to be in a Woody Allen film? No. Why? Because he doesn't hire people who are not white. So don't go down that alley." THE CANADIAN PRESS

Comedy about 40-somethings gets to messy heart of love

JOHANNA SCHNELLER
WHAT I'M WATCHING

THE SHOW: Catastrophe, Season 1, Episode 4 (Shomi)
THE MOMENT: The Wave

Sharon and Rob (Sharon Horgan, Irish, and Rob Delaney, American, who also write the show) are having a rough patch. Not only did she get pregnant the week they met, their baby may have Down syndrome. Sharon doesn't know "if I'm a good enough person to be able to look after a disabled child." Now, in a supermarket, her phone rings. It's the results of her amniocentesis.

Sharon nods. Her knees buckle. Rob finds her lying on the floor. "The hospital called," she says. "It's all OK."

Here's the thing about Catastrophe: it's a comedy. A clever, grown-up comedy, about two 40-somethings who are long past believing in happily ever after but decide to make a go of it anyway. It's full of witty, imperfect characters delivering droll observations about sex and family.

But because it's made by adults, it also finds room for this scene, which follows the supermarket: Sharon, waiting



Horgan and Delaney, writers and co-stars of Catastrophe, a comedy about life's curveballs. CONTRIBUTED

in a taxi queue, spies a little girl with Down's, who waves at her. Sharon catches the mum's eye. "She's gorgeous," she says.

"She is, isn't she?" the mum replies. Sharon looks away and the feeling that floods her face is remarkable: she's stricken, relieved, guilty, everything, all at once.

There are a dozen series out there about young people struggling to believe in couple-

dom. Catastrophe goes deeper, to the messy heart of what love is. When a show that makes you laugh throughout suddenly makes you cry? Not by manipulation, but by recognizing a character's ambivalence? That's gorgeous.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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MEET THE CONDO

Plenty going on at Brunello

Project overview

There's lots to do at Brunello Estates in Timberlea. It's next to The Links at Brunello which is recognized as one of the best new courses in North America. It's peaceful country living but also close to the activity of the city.

In the neighbourhood

The Brunello Estates neighbourhood has plenty going on. In the winter there is skating, skiing, hiking trails, and snowshoeing. In the summer the trails are open for biking, hiking, and riding, plus there are tennis courts and plenty of golf.

Location and transit

Take highway 103 to Exit 3 (Timberlea) and follow the signs to Brunello Estates, or from St. Margaret's Bay Road turn left right onto Maple Grove Avenue. It's a short drive to Bayers Lake, and 10 minutes to Tantallon.

Housing Amenities

A set of five newly built townhomes are for sale. Each unit has three completed levels with three bedrooms, and three and a half full baths. They have a European coffee bar, attached garages, back decks, heat pumps, and hardwood floors.

BRUNELLO ESTATES IN TIMBERLEA



CONTRIBUTED

+ NEED TO KNOW

What: Brunello Estates in Timberlea

Builder: Heliopolis Construction Ltd. and City Star Construction Ltd.

Location: Townhomes for sale are: 101, 107, 109 and 111 Maple Grove Ave.

Pricing: Starting at \$319,900

Houses: All homes have

three bedrooms and three and a half bathrooms.

Status: The show home is complete now, others will be ready in about 10 weeks.

Sales centre: The show home is located at 142 Maple Grove Ave. Open every Sunday from 2 - 4 p.m.

Info: yourhalifaxhome.com or remaxnova.ca

HOMEBUYER BEWARE

Property Brothers urge caution when buying in hot markets



Jonathan (left) and Drew Scott say that would-be investors should exercise caution more prudence than normal in markets where properties might be overvalued. HANDOUT

Drew and Jonathan Scott live in Las Vegas, but the Property Brothers stars still invest in real estate in their hometown of Vancouver where red-hot home sales and prices show few signs of cooling.

"The big thing is we're seeing a lot of these houses that are selling for a million over list," said Drew, a real-estate expert who scouts and negotiates fixer-upper homes on the hit W Network series. His identical twin brother, Jonathan, is a licensed contractor and master builder who handles the renovations.

The Real Estate Board of Greater Vancouver said last month was the second busiest January on record as residential property sales in the region jumped nearly 32 per cent, compared to Janu-

ary 2015. The estimated price of an average home across Metro Vancouver surged nearly 28 per cent to just under \$1.3-million from January of last year.

Across Canada, the national average sale price for homes increased 12 per cent last December compared to December 2014, according to the Canadian Real Estate Association. When the greater Vancouver and Toronto areas were excluded, the increase was 5.4 per cent, CREAA said.

Drew recommended would-be buyers seek an agent to evaluate comparable sold properties to help determine true market value.

"Some people get into a big frenzy and they bid up, bid up, bid up, and they don't realize they're paying way more than

“
They don't realize they're paying way more than the house is worth

Drew Scott, on the bidding war trap

the house is worth. You don't want to be in that situation.

"There are several times that we've looked at properties with clients, and they have all these things that they want to do. But every neighbourhood has a cap for what you can do for an improvement and what people will buy and pay for in that neighbourhood."

Enlisting a contractor who

can provide a quote on repair or renovation costs can help support the efforts of an agent who can determine whether changes will be a financial boon or bust, Drew noted.

"Most people skip the step," added Jonathan. "They think: 'Hey, I want to renovate my house.' They just dive right in and they spend all this money."

"Real estate is a great way to make money," adds Drew. "It's a great way to grow an investment over the years. However, if you're not ready to get into a property, or if you're not ready to get into a certain size of property, don't rush. The worst thing you can do is become house poor, and we want to make sure that people aren't."

THE CANADIAN PRESS

More of the same for Phaneuf with new team

NHL

Veteran D-man loses in his Senators debut

Danny DeKeyser and Henrik Zetterberg scored early in the first and third periods to help the Detroit Red Wings beat the Ottawa Senators and spoil Dion Phaneuf's debut with his new team with a 3-1 win Wednesday night.

Petr Mrazek stopped 22 shots and his bid for a second straight shutout ended with 2:24 left when Zach Smith scored.

WEDNESDAY In Detroit

3 RED WINGS **1** SENATORS

Darren Helm restored Detroit's two-goal lead with an empty-net goal about a minute later.

Phaneuf got off to a rough start. He skated backward, swivelled his hips and fell to the ice early on one of his first shifts as the veteran defenceman failed to keep up with Gustav Nyquist.

Craig Anderson backed up his new teammate by stopping Nyquist on the sequence for one of his 27 saves.

The Senators made a bold,

win-now move to acquire Phaneuf on Tuesday in a nine-player trade with the Toronto Maple Leafs. The Senators are hoping the veteran defenceman can help them surge into the playoffs over the next two months. Phaneuf, a 30-year-old and three-time all-star, has five years left on his contract that will cost Ottawa \$7 million against the salary cap each season.

Phaneuf seemed to settle in with solid play after falling near the blue line in a 1-on-1 situation with the speedy Nyquist.

He played the point on the power play, including early in the third period when his slap shot hit DeKeyser's right knee and sent the Detroit defenceman limping off the ice.

The Red Wings killed the penalty and hurt the Senators' shot at coming back less than a minute later.

Zetterberg got the puck from Pavel Datsyuk, who was dragged to the ice by Bobby Ryan, and he slipped a shot into the net on Anderson's short side to negate a penalty that would've been called on Ottawa's winger.

The Senators had a 5-on-3 later in the period, but couldn't advantage to make it a one-goal game. They did later with Smith's goal, but pulled Anderson to add another skater and Detroit sealed the victory with a shot into an open net.

THE ASSOCIATED PRESS



Dion Phaneuf logged 21:42 of ice time on Wednesday night. PAUL SANCYA/THE ASSOCIATED PRESS

MOOSEHEADS

Herd shut out in Gatineau

Kristen Lipscombe
Metro | Halifax

The Halifax Mooseheads suffered a rough start to their week on the road.

The Mooseheads were shut out 6-0 by the hosting Gatineau Olympiques on Wednesday night, in what was their first of three games in Quebec.

Halifax netminder Eric Brassard made an impressive 35 saves, with his Herd teammates only managing 19 shots on nets.

WEDNESDAY

6 OLYMPIQUES **0** HERD

Gatineau goaltender Mathieu Bellemare earned the shutout, while Alex Dostie and Chivettin both scored twice. Yakov Trenin and Alexandre Alain contributed singles.

The Olympiques are currently fifth overall in the Quebec Major Junior Hockey League, compared to the 17th-place Mooseheads.

Halifax is also in sixth and last place of the league's Maritimes Division with a 17-31-5-1 record.

The Moose are back in action Friday night against the Victoriaville Tigres, and then again Saturday evening versus the Shawinigan Cataractes, before returning home.

IN BRIEF

Jays, Donaldson come to terms on two-year deal

Third baseman Josh Donaldson and the Toronto Blue Jays have agreed to a two-year deal worth \$28.65 million US, the club announced on Wednesday.

The deal will see the 30-year-old Donaldson earn \$11.65 million in 2016 and \$17 million in 2017.

Donaldson was named American League MVP last season after hitting .297 with 41 home runs and a league-leading 123 RBIs in his first year with the Blue Jays. THE CANADIAN PRESS

PGA TOUR

Court throws out caddie lawsuit

Caddies lost their class-action lawsuit against the PGA Tour when a federal judge in California ruled they signed a contract with the tour that requires them to wear bibs as part of their uniform and cannot claim that corporate sponsorship on the bibs makes them human billboards.

U.S. District Judge Vince Chhabria dismissed the lawsuit Tuesday night with prejudice, which typically means it cannot be refilled.

The decision came just over a year after caddies filed the

\$50M

Estimated value of the advertising, according to lawyers for the caddies.

lawsuit in northern California, the same federal court where former UCLA basketball star Ed O'Bannon successfully sued the NCAA for keeping college players from selling their marketing rights.

The lawsuit began with 81 caddies and had grown to 168. Chhabria dismissed all seven of the contractual claims.

The caddies had been at odds with the tour for the last several years over what they perceive as poor treatment. They are not allowed in clubhouses and at some tournaments are not allowed in the locker-room.

"The caddies overall complaint about poor treatment by the Tour has merit, but this federal lawsuit about bibs does not," Chhabria said.

THE ASSOCIATED PRESS



Jordan Spieth and his caddie Michael Greller plan a shot at a tournament in November. ANDREW REDINGTON/GETTY IMAGES

Meaning of gappiness

NHL

Grin and bear it: Pucksters say losing teeth is part of game

When Brent Burns packs his bags for road trips, the San Jose Sharks defenceman often leaves something behind: His cosmetic teeth.

"I don't wear them often," he said. "I usually find them in a drawer a couple months down the road and put them somewhere safe, forget where that is, and find them a couple months later."

Burns, a happy-go-lucky guy, said he is missing three of his real teeth and a fourth is "hanging on by a thread." He is holding

I definitely think a mouth guard helps. I probably should be wearing one.

Drew Doughty



Alex Ovechkin has become famous for his 506 goals and an increasingly haggard smile.

DREW HALLOWELL/GETTY IMAGES

out hope it won't join his other missing Chiclets.

"I need that one for corn on the cob," Burns said with a gap-filled smile.

Missing teeth have been associated with hard-nosed hockey for decades, with some players even, like Burns, embracing it as badge of honour. Gordie Howe, Bobby Clarke, Ken Daneyko, Stan Mikita, Bobby

I need that one for corn on the cob.

Brent Burns, who's missing three teeth with a third one loose.

Hall — all had grins famous for what's not there.

Casual fans might assume all players are missing a few teeth — not true — but there is far more interest in keeping the originals than there was in the 1980s, a time Kings coach Darryl Sutter recalls seeing players writing their numbers on coffee cups, putting their teeth in the cups and setting

them on a shelf before games. "The joke was switching teeth around," Sutter said with a sly grin.

Hall of Famer Chris Pronger has great-looking choppers, though they're not the ones he was born with, and Winnipeg Jets defenceman Dustin Byfuglien

can pop a perfect-looking tooth in and out like he's a magician.

Despite player safety being scrutinized more than ever and technological advances in equipment, hockey players are going to lose teeth. The only way to help is to force them to attach full-cage masks to their helmets and that is not going to happen any time soon, if ever.

If a player chooses to wear a mouth guard, he may help his chances of not having a concussion. His pearly whites, though, are still at risk from a puck, a stick, the ice or a check.

"I've pulled teeth out of mouth guards," Detroit Red Wings equipment manager Paul Boyer said. "They're not designed to keep the teeth in the mouth."

When players do get hit in the mouth with a stick or puck during a game, they are moments away from getting professional treatment from a team dentist and perhaps an oral surgeon. The Nashville Predators and Los Angeles Kings are among the teams with a dental chair



Chicago's Duncan Keith had seven teeth knocked out by a puck in the Western Conference final-clinching game in 2011 against San Jose and quipped afterward: "You've got to leave it all on the ice."

in their arenas.

"We've got full coverage, too," Byfuglien cracked.

"An oral surgeon who can also do plastic surgery is ideal," added Pronger. "I had a nice set of teeth. Now, I've got new ones. And, I broke my jaw and you probably can't tell I had 50 stitches here and 27 there."

Unlike Byfuglien, Los Angeles Kings defenceman Drew Doughty doesn't wear his cosmetic tooth, which he calls "a flipper" because it makes his lisp worse. Doughty had all of his teeth until losing one last year and another one early this season. One got knocked out by a puck and the other by a high stick.

Doughty acknowledges he has been lax about protecting his teeth, and brain, to some extent.

"I've been told I should many, many times," he said. "My team doctors want me to wear one. With my teeth being knocked out ... I don't really think the mouth guard would help in those situations. But for concussions, I definitely think a mouth guard helps. I probably should be wearing one, but I never have my whole life so I'm not going to start now."

THE ASSOCIATED PRESS

IN BRIEF

Doping offence earns Canuck sprinter 4-year ban

Canadian sprinter Dushane Farrier has been banned for four years for a doping violation. The 26-year-old from Toronto tested positive for SARM S-22 during an in-competition doping control at the Canadian track and field championships July 3 in Edmonton. SARMS — selective androgen receptor modulators — are a class of hormones that produce similar effects to androgenic drugs like anabolic steroids, and are relatively new on the doping spectrum.

Farrier ran a personal best 10.27 seconds in the 100 metres, and was a member of Athletics Canada's 4x100-metre relay pool. THE CANADIAN PRESS

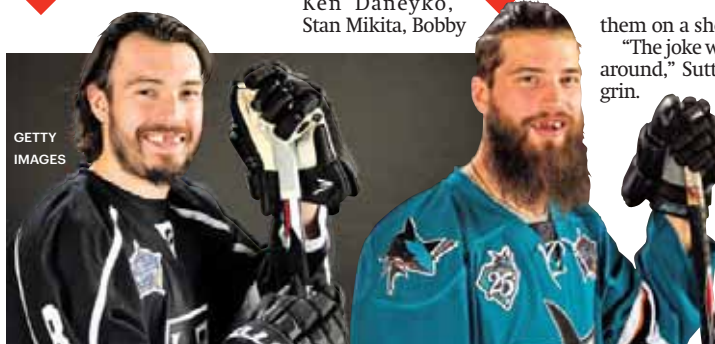
Barcelona break record en route to Copa del Rey final

Barcelona's second-stringers salvaged a 1-1 draw against Valencia in the Copa del Rey semifinals to extend its unbeaten streak to 29 games and break the club record on Wednesday.

Barcelona reached its third-straight Copa final 8-1 on aggregate after it won the first leg 7-0 at the Camp Nou last week.

Striker Alvaro Negredo gave Valencia the lead before Barcelona equalized in the 84th minute.

Barcelona broke the record without nearly all of its regular starters at Mestalla Stadium in Valencia, including Lionel Messi, Luis Suarez, and Neymar. THE ASSOCIATED PRESS



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Women's Hockey vs. StFX, Halifax Forum, 7:30pm

FRIDAY, FEBRUARY 12
AUS Swim Championships, heats at 10am, finals at 6pm
Basketball vs. CBU, W 6pm, M 8pm
#LawtonsHealthyMind #HuddleUp

SATURDAY, FEBRUARY 13
AUS Swim Championships, heats at 10am, finals at 6pm

SUNDAY, FEBRUARY 14
AUS Swim Championships, heats at 10am, finals at 6pm
Women's Hockey vs. UdeM, Halifax Forum, 6:30pm

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NHL

The 'great expansion' turns 50

The NHL's "great expansion" of 1967 delivered hockey to California, led to the "Broad Street Bullies" and legitimized the league as a major force in North American professional sports.

Fifty years ago this week, the owners of the Original Six teams unanimously approved doubling in size by awarding franchises to Los Angeles, San Francisco/Oakland, Philadelphia, Pittsburgh, St. Louis and Minneapolis/St. Paul. No other pro sports league had ever doubled the number of its teams and the move was considered a gamble. It proved to be one of the most important decisions in hockey history, and helped convince many that the NHL was for real.

From 1943 to 1967, the NHL was a stable, six-team league made up of the New York Rangers, Boston Bruins, Chicago



Bobby Clarke's Flyers were the first non-Original Six team to win a Stanley Cup.

TORSTAR NEWS SERVICE

Blackhawks, Detroit Red Wings, Montreal Canadiens and Toronto Maple Leafs. The move to expand came in the league's 50th season amid plenty of internal debate.

Hockey had some catching up to do: MLB had 20 teams, the NBA had nine and the NFL had 14, with more on the way.

Owners each paid the \$2 mil-

lion expansion fee, and the Los Angeles Kings and California Seals joined the fold along with the Philadelphia Flyers, Pittsburgh Penguins, St. Louis Blues and Minnesota North Stars.

The goal was to help the new teams but not hurt the old ones. "When they made expansion, they took the players that were expendable, put them on a team and called them a team," said Bob Kelly, who was part of the early Flyers teams.

It worked in most places, as an Original Six team won the Cup the first six years before Kelly and the Flyers' "Broad Street Bullies" teams broke through with back-to-back titles in 1974 and 1975.

The league now stands at 30 teams and may expand again to either 31 or 32, with Las Vegas and Quebec City under consideration. THE ASSOCIATED PRESS

RECIPE Lemon Thyme Chicken



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner is pretty much our ideal February meal — it's hearty enough to enjoy as a winter, comfort meal but the bright flavours of lemon and thyme remind us that spring is just around the corner.

Ready in

Prep time: 10 minutes

Total time: 45 minutes

Serves 6

Ingredients

- 8 chicken thighs (I buy boneless, skinless), cut into bite-sized pieces
- 2 glugs of olive oil
- 2 onions, diced
- 4 cloves of garlic, minced
- 1 lemon, cut 3 thin slices and juice the rest (you'll be left with about 1/4 to 1/3 cup of juice)
- 2 small-ish zucchinis, cut in half lengthwise and sliced

- 6 to 8 branches of thyme
- 2 cups low sodium chicken stock
- Salt and pepper to taste

Directions

1. In a large pot or Dutch oven, warm up your olive oil over medium heat. Brown the chicken in batches — don't over crowd or the chicken won't brown nicely — but don't cook through. Place the cooked chicken on a clean plate. Drain all but 1 or 2 Tbsp of fat.
2. Put the pot back over medium heat. Sauté the onion, garlic, zucchini, thyme and lemon slices until the vegetables begin softening, about 5 minutes.
3. Add the chicken back to the pot and pour the stock and lemon juice over top. Give it all a stir, turn the heat down a touch and simmer for 30 minutes. Serve over couscous, rice or pasta.

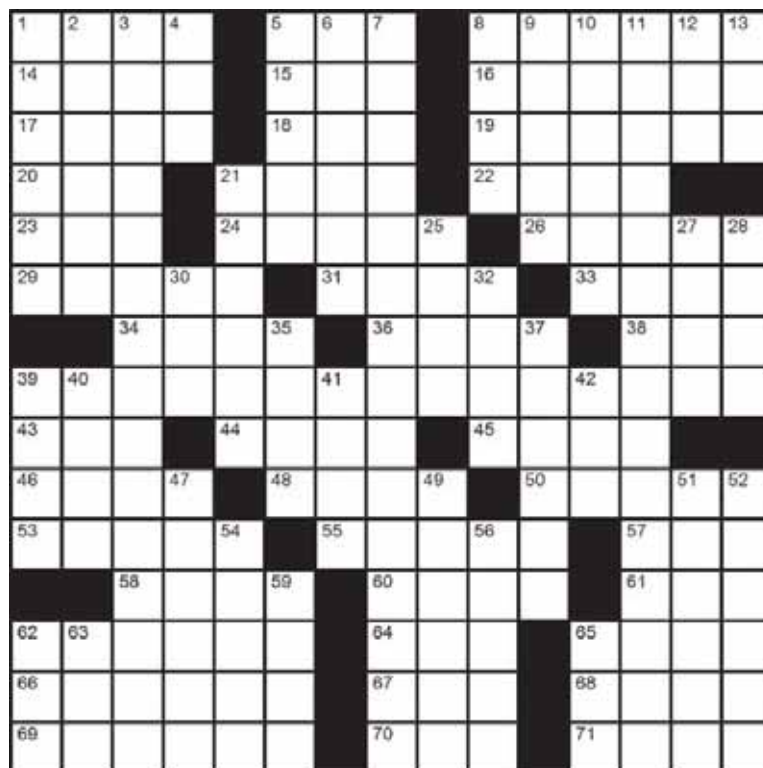
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Float like an aroma
5. 1962: "___ a Rebel" by The Crystals
8. Theatrical digressions
14. Opera-style tune
15. "Diva ___ Dime"
16. Hollywood icon Marilyn
17. Endorse
18. Combine ingredients
19. Determined
20. Wynonna's actress sis
21. Kind of Lily
22. Atom Egoyan and David Cronenberg, e.g.
23. Gamble
24. Mythical maiden
26. ___ Rica
29. Vide ___ (Latin for 'see below')
31. Herman Melville's captain
33. Glance over
34. Glass-dropper's exclamation!
36. Balls
38. Previous
39. An ancient art of Aboriginal people is the embellishment of crafts, such as jewellery, with these materials made vibrant from natural dyes: 2 wds.
43. Heart
44. Canadian actress Jessica
45. Window ledge
46. Cottage lot size
48. Shreds
50. Chompers



53. Power up the brain
55. "I'm a ___ 4 U" by Britney Spears
57. French vineyard
58. Comet's follower
60. Unfortunately
61. Set-___ (Arguments)

62. Maple, in Montreal
64. Feminine side
65. Pinball infraction
66. 'S' of CSNY
67. WSW's opposite
68. Beetle variety, ___ weevil
69. Trojan hero

70. Big ___ (Chewing gum brand)
71. Newfoundland & Labrador town: L'___au-Loup

DOWN

1. Green condiment for sushi

2. Up and about, formal-sounding
3. What General Wolfe's soldiers would do in the Battle of Quebec in 1759: 3 wds.
4. Nylons shade
5. Comfortable
6. Conundrum

7. Musician like Juno-winner Richard Underhill: 2 wds.
8. Among
9. ___ boom
10. "This is so-and-so..." routines at parties
11. Fashion designer's offering: 2 wds.
12. Time division
13. Established
21. Snaffle like a shopper: 2 wds
25. Animal of Aesop's
27. ___ order
28. & &
30. ___-A-Fella Records
32. Uses the grill
35. Box
37. Hotel rooms
39. Excellent, slang-style
40. "I got stung!"
41. Goo Goo Dolls hit
42. Island: French
47. Facilitate
49. ___ solution (Contact lenses rinse)
51. Web forum nuisances
52. Disco song/dance, with The
54. To ___ Mockingbird
56. Like a barn topped with a functional rooster ornament
59. More or ___
62. Conductor, ___Pekka Salonen
63. Way to go, briefly
65. Acronym for a time as yet unknown

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20
Others say that you are aiming too high and maybe they are right but they could also be worried that you will succeed in what you are trying to do and show them up in the process.

♉ Taurus April 21 - May 21
Don't let your personal life get in the way of your career. Business first, on this occasion friends and family should take a back seat. You can make it up to them later.

♊ Gemini May 22 - June 21
Be careful when talking to people who may not share your ideas or outlook. Not everyone will approve of your questioning and while you may not care what they think they can still do you harm.

♋ Cancer June 22 - July 23
It does not matter what others think, it matters only what your instincts tell you. And they're tell you "don't panic." Others can rush around but the best thing to do is to sit tight.

♌ Leo July 24 - Aug. 23
You cannot please everyone you have to deal with, so decide what relationships to focus on. Don't feel too bad about those you leave by the wayside — life does not have to always be fair.

♍ Virgo Aug. 24 - Sept. 23
Don't get too carried away today. Your enthusiasm could be a problem on the work front where, if you try too hard, colleagues and superiors may wonder what you're up to.

♎ Libra Sept. 24 - Oct. 23
Slow down and let the rest of the world catch up with you. But don't let anyone persuade you to give up on a long-term aim. Keep striving.

♏ Scorpio Oct. 24 - Nov. 22
It's not like you to keep loved ones on a short leash but for some reason you have been trying to curb their freedom. It won't work. You would not accept restrictions on your own movements so don't try to impose them on others.

♐ Sagittarius Nov. 23 - Dec. 21
What happened to your way with words? You seem at a loss to know how or why it has happened. You will find your voice again but, for now, be the strong, silent type.

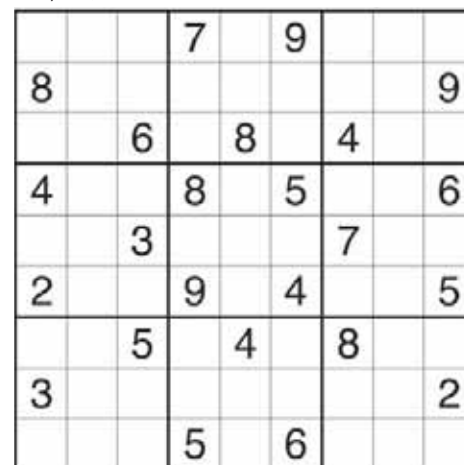
♑ Capricorn Dec. 22 - Jan. 20
You're worrying too much about your financial situation. And the more you worry the more likely it is that something will go wrong. Soon you'll look back and wonder why you made such a big fuss.

♒ Aquarius Jan. 21 - Feb. 19
Try to stay calm today. If you lose your head even a little bit you will very quickly go all the way. You're not always the logical, practical sort. You have emotions too.

♓ Pisces Feb. 20 - March 20
It will be easy to feel sorry for yourself today but it would also be a crime to waste your time and your energy on needless self-pity. If you feel a bit down snap out of it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

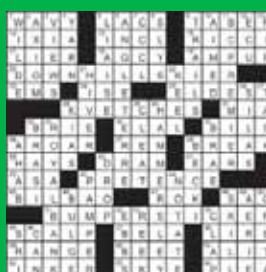


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